

MAKE A GREAT PLATE.

Peanut Butter and Banana Breakfast Cups

INGREDIENTS

- 3 cups rolled oats
- 1 tsp baking powder
- 2 eggs, whisked
- 1½ cups milk
- 1 ripe banana, mashed
- ⅓ cup peanut butter
- ¼ cup pure maple syrup

DIRECTIONS

Preheat oven to 350°F. **Line** 12-cup muffin tin with liners. **In** large bowl, add oats, baking powder, whisked eggs, milk, banana, peanut butter and maple syrup. **Stir** until combined well. **Spoon** mixture into muffin cups. **Bake** 30 minutes. **Allow** to cool. **Freeze** leftovers.

Makes 12 Servings. Each: 168 calories • 7g protein • 6g total fat • 23g carb
8g sugar • 3g fiber • 102mg sodium • 1g saturated fat • 3g mono fat • 2g poly fat

